

## HEALTHY SC CHALLENGE

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[www.healthysc.gov](http://www.healthysc.gov)

### Letter to the Editor on Type 2 Diabetes

December 12, 2005

Dear Editor:

South Carolina ranks 6<sup>th</sup> in the nation for deaths due to diabetes – a highly preventable chronic disease. While rates of overweight and obesity have skyrocketed, type 2 diabetes has become an epidemic. The CDC reported that a third of all U.S. children born in 2000 will become type 2 diabetics in their lifetimes, and for Hispanics and African Americans, half will. Diabetes-related hospital charges in South Carolina have increased 85 percent in the past five years and are approaching \$1 billion annually.

A whole host of medical problems is associated with type 2 diabetes, referred to as “adult onset” diabetes, an illness now being diagnosed in children. A child who is diagnosed with type 2 diabetes may have vision problems by the time he is 20, serious heart problems by the time he is 30 and he may well have renal failure and be on full kidney dialysis by the time he is 40. And that child may never see a 50<sup>th</sup> birthday.

Studies show that healthy living and regular monitoring by a doctor are key to both preventing and controlling diabetes. Eating nutritious foods, being physically active, and not smoking are especially important if you are at risk for diabetes. Sign onto the Healthy SC Challenge website at [www.healthysc.gov](http://www.healthysc.gov) to receive encouraging weekly tips on how to improve your health and wellness or to learn more about diabetes and other highly preventable diseases.

Jenny Sanford  
First Lady

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*The Healthy SC Challenge is the Sanford family's effort to motivate all South Carolinians to do a little more to live a healthier lifestyle. The Challenge is meant to encourage counties, individuals, communities and organizations across the state to engage in friendly competition to improve health in three categories - nutrition, exercise and smoking cessation. Individuals and groups can find tips for healthier living, report success stories and register upcoming events on the Challenge's website: [www.healthysc.gov](http://www.healthysc.gov). For more information on the Healthy SC Challenge, please contact Meghan McGuire at 803-737-2325 or [healthysc@gov.sc.gov](mailto:healthysc@gov.sc.gov).*